



# Success Stories

## Hillcrest Elementary National Nutrition Month

Hillcrest Elementary had a great time celebrating National Nutrition Month. March was full of fun activities and contests to encourage the students to eat more fruits and vegetables.

Educational posters promoting fruits and vegetables were hung in the cafeteria. Each grade participated in a contest to see which grade could eat the most fruits and vegetables during the month of March. Classes kept track using Team Nutrition posters and the winning grade got their lunch table decorated for the day. The food service staff did a similar contest last year and students ate so many extra fruits and vegetables they had to go to other surrounding schools to get more.



The lunchroom was also visited by a giant watermelon and strawberry who gave stickers to kids who had a fruit or vegetable in their lunch. Other activities included a fruit and veggie survey to see what student's favorites were and a fruit and veggie trivia game.

Classroom activities such as crossword puzzles, word searches, coloring pages, and my pyramid hand-outs were given to teachers to use in their classrooms.

A fruit and veggie tri-fold full of information about the benefits of eating more fruits and vegetables was also put in the faculty lounge for the teachers.